

DINNERLY



Low-Cal Mediterranean Chicken with Roast Veggies



40 minutes



2 Servings

Enjoy a comforting roast any day of the week! With herby chicken tenders, golden roast veggies and vibrant greens, this dish is both kid-friendly and guilt-free.

WHAT WE SEND

- 300g chat potatoes
- 1 carrot
- 1 head broccoli
- 5g Italian seasoning¹⁷
- free-range chicken tenderloins
- 20g slivered almonds¹⁵

WHAT YOU NEED

- 1 garlic clove
- 1 tbs tomato sauce
- 1 tbs olive oil

TOOLS

- 2 oven trays
- baking paper
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 485kcal, Fat 14.4g, Carbs 30.4g, Proteins 46.0g



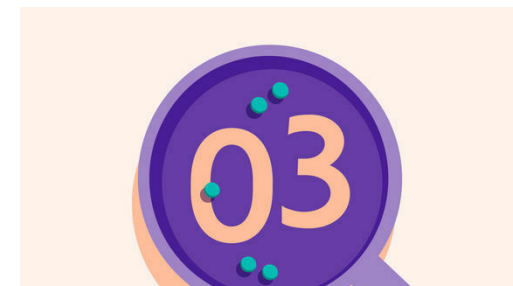
1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **unpeeled potatoes** into 5mm-thick slices. Peel the **carrot** and cut into 5mm-thick slices. Trim the **broccoli** and cut into florets. Crush or finely chop **1 garlic clove**.



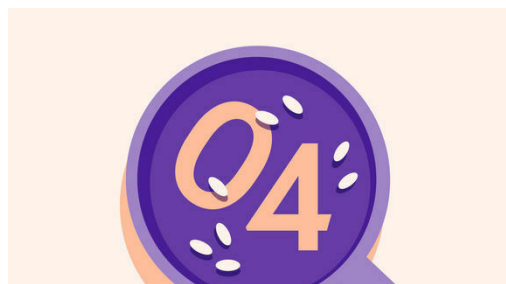
2. Roast veggies

Put the **potato, carrot, garlic, half the Italian seasoning, 1 tbs tomato sauce** and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and toss to coat. Put the **veggies** on a lined tray. Roast on the lower oven shelf for 28-30 mins until golden and tender.



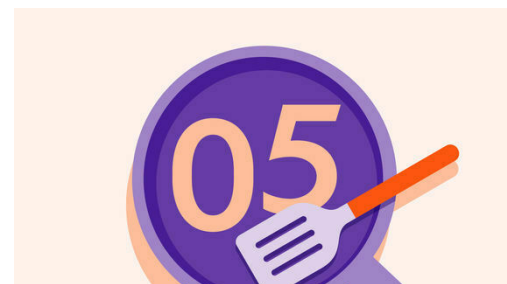
3. Roast chicken

Meanwhile, put the **chicken, remaining Italian seasoning** and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and turn to coat. Put the chicken on one side of the remaining lined tray and roast on the upper shelf for 12 mins.



4. Add almonds

Add the **almonds** to the other side of the tray with the chicken and roast for a further 3-4 mins until the almonds are toasted and the chicken is cooked through. Meanwhile, bring a medium saucepan of salted water to the boil for the broccoli (see Make it yours).



5. Serve up

Cook the **broccoli** in the pan of boiling water for 2-3 mins until tender. Drain. Divide the **chicken, roasted veggies** and **broccoli** among plates. Scatter the broccoli with the **almonds** and enjoy!



6. Make it yours

For something a little different, roast the broccoli to add a charred, slightly nutty flavour. Just drizzle with oil, season with salt and pepper and roast together with the potato and carrot.